

Summer Support

Here is a list of resources that you may not be aware that can be useful in difficult situations

Crisis Resources

When everything feels too much and you're not sure where to turn or what you need. Call a crisis line to get support navigating the mental health system or support with your specific situation.

If you feel unsafe you call always call 988, 911, or attend to your local emergency room.



Therapy

Free short term and online therapy resources are available to everyone. You can speak with your doctor about a referral to community mental health if you need longer term support.



Southern Health Drop In
450 Main St, Steinbach MB
Thursdays 9:00am - 3:00pm



Klinik Drop Counselling
(204) 784-4059
By Phone



Canadian Mental
Health Association

Bounce Back Online CBT
bouncebackmb.cmha.ca
Online

Anxiety Resources

These programs offer support, education and help you to understand how anxiety impacts your life.



Parent Support

Aulneau Renewal Center
Free Parent Coach Program



Financial Resources

MB Hydro
Neighbours Helping Neighbours

Seed Financial Counselling
seedwinnipeg.ca

Medication Discounts
RxHelp.ca